

Gazette

GUANTANAMO BAY

Vol. 59 No. 21

Friday, May 31, 2002

What's Inside:

Win Trip to DC



Enter the Navy's MWR "Celebrate a Monumental Fourth" contest and you and a guest could be winging your way to Washington D.C. for a memorable July 4th festival. See page 4 for details.

Dental Concerns?



Your dental visit isn't just the time to get your teeth cleaned, it is also a perfect time to ask questions about dental care needs. Turn to page 5 for the 10 questions commonly asked by dental patients

Memorial Day



By Ron Allen
MIUWU 208 JTF 160

A solemn air hung over Cuzco Cemetery on Monday as more than 200 service members, veterans and residents paused to remember the nation's war dead and pay tribute to family members and friends whose graves are here.

After a 25-minute memorial service and a walk through the graveyard, one Sailor said she had an

acute sense of her own mortality.

"We all think we will live forever but after seeing [the graves of] all the children who [are buried in the cemetery] and the men and women who sacrificed their lives in serving our country, I was sad," said Coast Guard Petty Officer Jill Cete. "It just shows how frail we are as humans."

Several infants, the children of migrants from Operation Sea Signal in the 1990s, were interred

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Lighthouse Volunteers Needed

The Cultural Committee of the OCSC is seeking volunteers to greet visitors at the Lighthouse Museum. Hours are Saturday and Sunday, 2 -4pm. If you can spare a few hours a month, please call JoAnn at 2774.



African American Cultural Organization presents

“Bridging the Gap” Fish Fry

When: Saturday, June 1 from 11am to 3pm
Where: Community Center

Tickets are \$10 and the menu includes: Fish fillets, corn, coleslaw, rolls and a soda.

Points of contact are Lt. Belim, 7505/72450; Monica Stevens, 7744; or Francine Paul, 4495/5628.

Proceeds benefit the W.T. Sampson High School Scholarship Fund.

MWR Craft Fair

**Saturday, June 1 at the
Windjammer from 8am to 2pm**

Come see the wonderful items GTMO's local crafters have created! You may find that perfect gift for Father's Day, a friend or teacher. Door Prizes are given out every hour and you must be present to win!

**U.S. Naval Base
Guantanamo Bay, Cuba**

GAZETTE

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Chief Staff Officer
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Energy Conservation

Put lower wattage bulbs in fixtures that are not used for area or exterior lighting.

Force Protection Tip of the Week

When away on leave, use a timer to turn lights on and off at varying times and locations.

Water Conservation

May 20-May 26

Total Used

6,693,209.0

Daily Avg

956,172.7

Daily Goal

700,000

We spent - **\$34,070.97**
OVER our goal last week.

MAY 2002 TIDAL DATA

DATE	TIME	LEVEL
31	0039	1.52

TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
0725	0.33	1215	0.70	1801	0.03

JUNE 2002 TIDAL DATA

01	0127	1.40
02	0215	1.30
03	0257	1.20
04	0345	1.11
05	0427	1.02
06	0509	0.94

0813	0.31	1327	0.71	1901	0.16
0901	0.28	1439	0.75	2001	0.27
0943	0.23	1551	0.84	2113	0.36
1019	0.17	1651	0.95	2225	0.41
1055	0.11	1745	1.08	2337	0.42
1125	0.05	1833	1.22	----	----

CNO Emphasizes Importance of Message Alignment

Navy News Service

Telling the story straight is key to overcoming message mismatch, Chief of Naval Operations Adm. Vern Clark said during the recent 2002 Worldwide Navy Public Affairs Symposium.

"There isn't any organization in the world with over 20 people that work there that doesn't have a message mismatch problem," the CNO said. "If you want to be an effective corporate structure that is going to be able to accomplish the mission and get the job done, you have to have people working this issue."

Clark also stressed the importance of organizational self-talk at every level of the chain of command, from the Pentagon to the deckplates.

"We become what we say about ourselves," Clark said, adding that even more than the Navy's record-breaking retention, what he likes best about his first 22 months in office is the renewed focus on service.

"I like the tone. I like the fact that people are talking about service," the CNO said. "Here's what I tell the COs:

"Do you feel like your job is tough? Do you feel like the weight of the world is on your shoulders? Do you feel like you've been given an awfully incredible amount of responsibility and you don't know if you can get it all done? Do you feel like you're being held personally accountable for the output of your command? Well, if you do, you've got it about right."

"That's the story. That's who we are. We are not shying away from it, and our people are not shying away from it."

Clark closed by challenging the public affairs community to help carry that story and others like it to both internal and external audiences.

"None of this works if people do not feel a sense of purpose and a sense of meaning in their lives. Sometimes leaders have to tell them what the institution stands for. We need to get together collectively as often as required to make sure that those of you who have been given the task and the responsibility to take this message to our institution, that we get it right.

"Thank you for what you are doing. You could not be serving at a more important time in the life of this institution."



Chief of Naval Operations
Adm. Vern Clark

BRIEFS

Talent Show to Benefit Scholarship Fund

A *Group of Friends* and the Senior Petty Officer Association (SPOA) is sponsoring a Grammy-like talent show benefit tonight at 7pm at the Windjammer Ballroom.

Proceeds support the SPOA's High School Education Scholarship Fund.

Between performances various items will be auctioned off to raise funds in support of this year's graduating senior class. Any amount contributed is greatly appreciated.

We operate completely from donations and volunteer efforts and therefore, rely on the generosity and spirit of the GTMO community. Please support us in making this event a success.

For more information on the event contact 81044.

Navy, Army Face-off at Flag Football Event

"Hut!" "Hike!" and "Go long!" are some of the commands you will hear during the Army vs. Navy Flag Football Tournament Saturday at 7pm at Cooper Field. The women's game will lead off the event and the men's game will follow.

According to Army Private Eric Brown, the winners of these games will hold true bragging rights at Guantanamo Bay.

Preparation stated last Friday for the big game with more than 30 men and women from the Navy trampling Cooper Field working on play and planning strategies to defeat the Army.

While they scrimmaged, the Army practiced passing drills on the same field. Brown noted that the Army wasn't in full attendance for practice, but they would be ready for Saturday. Brown had backup from teammate and Military Police Specialist Barry Page who said that the tourney is more than just a trophy, it is also a morale booster.

On the other side of the coin, Athlete of the Year and the coach of both Navy teams, Petty Officer 1st Class Bernard Jennings said the Navy will not be defeated. Although the game is about pride, Jennings said the Army better be ready for bad weather.

Also supporting her team, Petty Officer 2nd Class Tamika Richardson added her own expectations for the flag-football brawl – "Victory for the Navy!"

Come out and cheer on your team!

HOSPITAL CORPS 104TH BIRTHDAY CELEBRATION



When: June 14, starting at 6pm

Where: Windjammer

Dress: Appropriate Civilian Attire
Uniform Optional

Cost: \$5 For E-6 And Below

\$10 For E-7 And Above

\$10 For Civilians

Heavy Hors D'oeuvres

Cash Bar

For more information, contact

HM2 Richardson at the

Naval Hospital Pharmacy, 72190.

Taekwondo class increases, testing held monthly

Guantanamo Taekwondo recently held a make-up testing for those students unable to attend the April testing. The class continues to grow weekly with most of the new students being JTF personnel. Instructors, Johnny Harper and Matt Brittle are now holding belt testings on a monthly basis. Harper says, that as the Dojo grows, especially as fast as this one has, some students progress faster than others. Also, when students begin taking the class right before a scheduled testing, (which is held every two months) they are not ready to test with the students who have been preparing for the past month or so. These students test when they're better prepared, and that could be a month before the next scheduled testing. When students are ready for testing, Harper and Brittle make sure the students test even if testing is to be held late at night as a result a students' work schedule. MWR continues to support this exciting class. MWR Athletic Director, Donnell Daniel (D.D.) is in the process of having wall bars installed in order for Taekwondo students to increase their stretching capabilities in class. D.D. is also investigating the possibilities of putting a softer floor in the Dojo for students as well. Guantanamo Taekwondo has filled a perceptible need on GTMO.

Students who recently tested and the belts attained are listed below.

Yellow Belt: Rachael Fernald, Michael Garcia, Cai Mowry, Chris Sherwood, and Roan Smith.

Purple Belt: Courtney Cady, Michael Garcia, and Cai Mowry.

Purple Stripe Belt: Alan Caulk, Amy Larsen, Luis Rivera and Reginald Williams.

Green Belt: Sharon Bush, Michael Carlton, Lindel Harris, Michael Johnson, Vivienne Ramirez, and Lynn Raymer.

Brown Belt: Heather Brittle.



(Above) Testing for her Brown Belt, Heather Brittle demonstrates a jumping roundhouse kick.



(Right) Taekwondo students warm up before testing.

Navy MWR Sending Sailors to Celebrate July 4 In D.C.

From Steve Buckley
Navy MWR Public Affairs

Ten lucky winners and their guest will get to enjoy the ultimate American holiday Washington, D.C., as part of Navy MWR's "Celebrate a Monumental Fourth" contest.

Sightseeing tours, chance of a lifetime leisure activities and spectacular 4th of July fireworks over the Washington Monument await the lucky winners of this contest. MWR (Morale, Welfare and Recreation) will keep the winners and their guests in the lap of luxury at the historical Willard Inter-Continental throughout the June 30 to July 7, 2002, Grand Prize trip.

MWR's "Celebrate a Monumental Fourth" contest is a multiple choice Washington, D.C. trivia quiz. Official rules and entry form can be picked up two ways:

Online: Go to www.mwr.navy.mil, select "Saluting Sailors and Their Families," and click on "Celebrate a Monumental Fourth." This is accessible 24 hours a day through 9:00 a.m. (Central) on June 3, 2002.

E-mail: Request an official entry form and official rules by sending an e-mail to contestinfo@persnet.navy.mil. Type "Request DC Entry Form" on the subject line. Include return e-mail address. E-mail requests will be accepted from through

4:00 p.m. (Central) on May 31, 2002.

The contest is part of Navy MWR's continuing "Saluting Sailors and Their Families" initiative, designed to "wow" Sailors and their families with new and innovative programs that help them feel even more connected to the Navy.

So, what are you waiting for? Hurry and enter today for your chance at "Monumental Fourth" courtesy of your MWR!

All questions should be addressed to the "Celebrating a Monumental Fourth" point of contact at contestinfo@persnet.navy.mil.

For more information about Navy MWR, go to www.mwr.navy.mil.

10 Questions Patients Ask Their Dentists

From Doris Ryan,
Bureau of Medicine and Surgery
Biomedical Research and Development Division

During a regular dental check-up, your dentist and hygienist routinely ask questions about your dental health. The visit is also a perfect time for you to ask questions about your dental care needs.

Cmdr. Kim E. Diefenderfer, Dental Corps, the Navy specialty leader for preventive dentistry and a researcher at the Naval Dental Research Institute in Great Lakes, Ill., has noted questions patients often asked and he came up with answers to the most common ones. Diefenderfer shared his "Qs & As" with military and civilian dentists during a recent continuing education seminar at Naval Dental Center Southwest in San Diego.

Q1. How often should I have my teeth cleaned?

A1. Most people like to have their teeth cleaned once or twice a year. Research shows that regular professional cleaning may reduce the risk of dental caries (cavities) and periodontal (gum) diseases. Some dental conditions require more frequent monitoring and intervention; some require less. Discuss your personal dental health needs with your dentist.

Q2. What type of dental floss should I use — waxed or unwaxed?

A2. Research comparing waxed and unwaxed floss shows it doesn't matter which is used, it's not the floss, its proper flossing techniques that makes the difference in dental health. We have a tendency to floss on the backside of a tooth better than the front side; we floss the front teeth better than the back, and we are better at flossing near the chewing surface of the tooth than at the gum line. So, use either waxed or unwaxed floss, but be meticulous, practice technique and floss at least once a day. Proper flossing removes plaque and food particles from areas not reached by a toothbrush.

Q3. How often should I brush my teeth? What kind of toothbrush should I use?

A3. Regular brushing is vital to maintaining optimal oral health. Dentists recommend brushing with fluoride toothpaste after every meal and before bedtime because carbohydrates in food and drinks feed oral bacteria and produce acids that can lead to cavities. One caution for patients who eat several small meals daily rather than the traditional three meals — brushing more than five or six times a day may increase the risk of damage to the tooth enamel.

With so many shapes, sizes and styles of toothbrushes on the market, choosing the right one can be confusing. Be sure to use a toothbrush with round, soft nylon bristles; toothbrushes with medium to hard bristles can be abrasive to the tooth enamel. Research suggests that no particular configuration of bristles is better than another for removing plaque and food particles. So, go ahead and clip the store coupon and get the best buy on your favorite style and color.

Q4. Are electric toothbrushes better than manual brushes?

A4. Manual and power toothbrushes are effective, but studies show electric and sonic toothbrushes, if used properly, can perform better than manual toothbrushes. The key is to use the toothbrush that best meets your needs. For example, people with arthritis or

limited dexterity may find an electric toothbrush especially helpful. People with orthodontic braces may find it easier to brush effectively with an electric toothbrush; and since the rotating head of a powered toothbrush requires less force and manipulation than a manual toothbrush, the risk of dislodging orthodontic appliances might be reduced.

Q5. What is a good toothpaste? Do I need fluoride, baking soda, whiteners and flavors?

A5. A good toothpaste has the American Dental Association (ADA) Seal of Acceptance. This seal means the manufacturer provided scientific evidence that the product does what it claims to do. The ADA recognizes five categories of toothpastes: "anti-cavity," "anti-cavity & tartar control," "anti-cavity & desensitizing," "anti-cavity, anti-plaque/anti-gingivitis & tartar control" and "whitening." Toothpaste formulations and chemistry are very complex, and each manufacturer has its own variations, but the primary ingredients remain the same. A very important ingredient is fluoride to prevent dental caries.

More than 95 percent of toothpastes sold in the U.S. contain an ADA-accepted fluoride formulation. So, in addition to the name brands most store brands are effective anti-cavity products. In spite of its gritty texture, baking soda is actually an extremely mild abrasive — very kind to tooth structure — that also exhibits some anti-bacterial properties. Toothpastes that advertise improved stain removal ("smokers' toothpastes," etc.) usually contain harsher abrasives and if overused can damage the tooth enamel.

Flavoring agents are important for marketing — people want a product with a pleasant flavor. Whitening toothpastes, a category that received ADA acceptance only within the past two years, work by removing surface stains. The "whitening" agents are special abrasives, detergents, or enzymes. Currently, only six products have received the ADA seal as whitening toothpastes. Each contains fluoride as an anti-cavity agent, and five are accepted for tartar

(Continued on page 8)

Naval Hospital Therapy Groups

Anorexia and Bulimia Nervosa

A psychotherapy group for persons with Anorexia and Bulimia Nervosa is being offered by the Behavioral Healthcare Service at the Naval Hospital. The group will be co-facilitated by Lt. Goldberg, LCSW and Dr. Grady, psychiatrist. For more information, contact Lt. Goldberg at 72035 or Dr. Grady at 72920.

Adult Survivors of Childhood Sexual Abuse

A psychotherapy group for Adult Survivors of Childhood Sexual Abuse being offered by the Behavioral Healthcare Service at the Naval Hospital and the Fleet and Family Support Center. The group is co-facilitated by Amy Radvoy, LMHC and Dr. Grady, psychiatrist. For more information, contact Amy Radvoy at 4141 or Dr. Grady at 72920.

Honoring Those Who Served :



Left: Memorial Day Guest speaker, Ambassador Vicki Huddleston, Chief, U.S. Interests Section in Havana, addresses the gathering. On the left is MGen Mike Dunlavey of JTF-170 and on the right is Adolfo Franco, Latin American Representative of the Agency for International Development.

Right: Capt. Buehn, BGen Rick Baccus, Huddleston and MGen Dunlavey take a wreath to the flagpole at the center of the cemetery.



Photos by PH3 Wayne Abbott and JOC Ric Evans

Below: At noon, anyone in the vicinity of McCalla Hill was accutely aware of another commemorative ceremony in honor our our nations war dead as a 21 minute, 21 gun salute resounded across the bay.



Those attending the ceremonies Monday morning, streamed through the cemetery to view the headstones of the more than 300 graves. The graves represent the final resting place for citizens of no less than eight countries.

continued from page 1

in the cemetery after they had died during childbirth or shortly before or after reaching the Guantanamo Bay shores. Other graves in this historic cemetery include those of sailors from a number of other countries who either perished at sea in the vicinity of GTMO or after arriving here for care over the past 104 years.

Since the Sept. 11 terrorist attacks, an upswing of nationalism has gripped the country. In such climate, veterans and service members say, this year's Memorial Day has been imbued with deeper significance.

"As you're out there your planting those American flags and you're holding colors it just touches you when you look back on what happened on Sept. 11," said Chief Petty

Officer Basilio Carrasquillo, who helped organize the event. "A lot of people lost their lives on Sept. 11 and [this] is like a big reminder of those who have died at Pearl Harbor and in other wars."

While military personnel in uniform stood in formation, family, friends and veterans – many clutching small U.S. flags – sat under a canopy during the ceremony.

After the Navy's Color Guard lowered the flag to half-mast, the silence of the cemetery was broken only by the mournful sounds of a bugle playing "Taps."

Navy Petty Officer John Stanley Forti said the Sept. 11 terrorist attacks gave younger generations their first taste of loss.

"The victims that day were the first

casualties of a new kind of war, a kind of war we'll probably have to fight again," said Forti, a reservist attached to MIUWU-208 in Miami.

The only cemetery on the base, the Cuzco Cemetery holds more than the remains of America's veterans. Although she misses her husband of more than 60 years, Cuban exile, Eldica Moore, who stayed on the base with her husband when the gates closed, said she doesn't anticipate the once-a-year opportunity to visit his gravesite here. None-the-less, the retired housekeeping employee joins the crowd each year to show her respect.

"I don't like to come here," Moore, 92, said as she navigated the rows of 325 white tombstones - each decorated with a

The Guantanamo Bay Community Gathers at Cuzco Cemetery for a Moving Memorial Day Tribute



miniature flag representing the person's country- following the ceremony. "It makes me so sad. Because my husband is out here, I always feel sad on this day."

Continuing a tradition, Ambassador Vicki Huddleston, Chief, U.S. Interest Section in Havana, attended the ceremony and served as the ceremonies guest speaker.

Huddleston, who also delivered last year's Memorial Day message, praised the troops for following in the tradition of President Theodore Roosevelt and his Rough Riders who served here in Guantanamo Bay many years ago.

She urged the audience to recognize the diversity in the country, combine those efforts and "combat the great evil of

terrorism."

"It is not how we end up because we will all end up in a graveyard here or somewhere else. In the end it is how we have lived our lives and how we have dedicated our lives," she said.

Maj. Gen. Mike Dunlavy, commander JTF 170 and Brig. Gen. Rick Baccus, Commander JTF 160, escorted Huddleston to the flagpole with Capt. Robert A. Buehn, COMNAVBASE, where she laid a wreath in honor of those who didn't make it back from wars in far-off places.

"We come to honor those who have fought, served and lived here in Guantanamo Bay in years past and who

rest in this place," Chaplain Laura Bush said. "We also come to honor those who have died in the nation's wars."

With its somber ceremonies and rituals, Monday's Memorial Day observance was similar to many of those in the U.S. Missing, however, were the old soldiers – the ones who tuck gray hair into faded campaign hats or struggle into old uniforms. Missing, yes, but not forgotten by the younger generation of soldiers who came together to pay tribute to them.

The Memorial Day observance on the island continued during the day with a 21-gun salute at noon from McCalla Hill and a moment of silence at 3pm.

Dental Questions, from page 5

control. As for the whitening properties, there hasn't been much independent research published yet.

These products are safe, however they will not change the overall color of teeth and they don't claim to deliver the "Hollywood smile." These products should not be confused with bleaching agents (usually peroxide compounds) that work by breaking down pigment to remove color from teeth.

Q6. Do bleaching products really work?

A6. Yes, but consult your dentist first, because the procedure isn't always as simple as many people believe. Tooth color is influenced by many factors, including previous trauma to the teeth, exposure to certain medications, drinking tea or coffee, smoking and the natural aging process. Not all teeth respond equally well to bleaching.

In general, bleaching is more successful on lighter (yellow) colorations than darker (gray/brown); and bleaching will not lighten existing dental restorations, such as tooth-colored fillings, bonding, crowns or bridges. Before bleaching, it is important to consider how much of your existing dental work will have to be replaced to achieve the desired results. Your dentist can determine if you are a good candidate for bleaching.

Q7. I live on base. Is there fluoride in the water?

A7. The Department of Defense does not mandate fluoridation of base water supplies, and military bases in the United States are dependent on the local community's water supply. If you want to know the local fluoride content contact the public works department or the local municipal water commission. They can tell you the required fluoridation level and provide details on the high, low and average levels for the year, the month and the day.

Depending on the geographic area, the level of naturally occurring fluoride in the water supply can range from 0 to >5 parts per million (ppm). The ADA recommends one part per million. Keep in mind that not all communities have fluoridated water or adjust their water to optimal fluoride levels. Well water, in particular, can be quite variable even within the same geographic location.

Q8. Does bottled water contain fluoride?

A8. There is concern that drinking bottled water instead of fluoridated tap water may result in insufficient fluoride exposure, which could increase the risk of dental caries. The fluoride content in bottled water and beverages (everything from soft drinks to fruit juices) can vary from <0.01 ppm to 4-5 ppm, and will mirror the level of fluoride in the water at the place of manufacture. So, if a diet soda is bottled in suburban Washington, D.C., or any other optimally fluoridated community, it probably contains about 1 ppm of fluoride.

Currently, the FDA limits the fluoride content of bottled waters to 2.4 ppm if no fluoride is added during manufacture, and 1.4 ppm if the manufacturer adds fluoride. However, since the FDA has not

defined a nutrient content claim for fluoride, bottled water manufacturers are not required to list fluoride content on the label. Remember, we get fluoride from many sources, including foods and beverages, professional fluoride applications during dental visits and, most importantly, toothpaste and drinking water.

Q9. Does my home water filter remove fluoride from the water?

A9. This tends to be brand-specific; however, studies have shown that the more heavy duty the filter, the more likely fluoride could be filtered out. One study compared five filters in cities with low fluoride, optimal fluoride or naturally fluoridated water, and there was no noticeable change in water fluoride levels. Another study showed that a water softener and water conditioner did not alter the fluoride content, but the water filter studied reduced fluoride content by 90 percent. The small activated charcoal filters that screw to the faucet probably don't remove fluoride, but, without testing, this isn't certain.

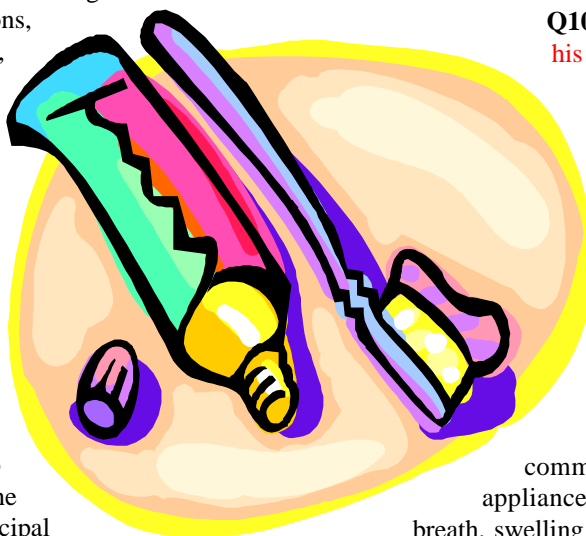
Q10. My 15-year-old son wants to pierce his tongue. Should I be concerned?

A10. Your son needs to be aware of several risks associated with oral piercing. First, the tongue is highly vascular and bleeds when cut, so there is a risk of hemorrhage. There is also a risk of nerve damage, swelling, localized infection and systemic infection (tetanus, hepatitis, HIV), particularly if the piercing establishment doesn't follow strict infection control procedures.

After the piercing, he must be committed to removing and cleaning the appliance at least once a day to prevent bad breath, swelling and infection from an overgrowth of bacteria and fungi. He must also realize that when the appliance is removed, the opening will start to heal and close in a matter of hours, so the appliance may be difficult to reinsert. Most importantly, he must be aware of the substantial risks of cracked and broken teeth, gingival (gums) recession, impaired speech and the possibility that he could swallow or aspirate the appliance. If all this fails to discourage him, remind him that the piercing will probably be done without anesthesia.

CDR Diefenderfer is head of the Applied Clinical Sciences Department at the Naval Dental Research Institute (NDRI). His research team is working to develop new restorative dental materials, as well as studying the epidemiology, diagnosis, treatment and prevention of dental diseases that affect the health, performance and readiness of Sailors and Marines. For more than 50 years, NDRI researchers have investigated problems related to oral health, disease and injury and developed techniques and products to improve dental and medical care in the Navy. With the collocation of the Army Dental Research Detachment in 1996 and the U.S. Air Force Dental Investigation Service in 2000, Great Lakes is now the site for all DoD dental research.

For more information about the Naval Dental Research Institute, go to <http://www.nmrc.navy.mil/ndri.htm>.



Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective
Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

Sunday

Worship Service - Main Chapel 1100

Camp America 0800

Contemporary Praise
and Worship Service 1930

New Life

(Sanctuary B)

Sunday

Sunday School 1000

Worship Service 1100

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 0930 & 1630

United Gospel

(Sanctuary A)

Sunday

Service 1245

United Jamacian Fellowship

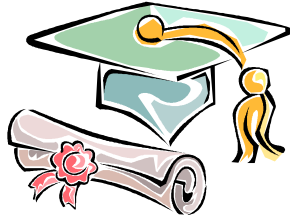
(Morin Ctr Complex - BLDG. 1036)
(Next to the Cable Company)

Sunday

Worship 1100

*Please ask the Faith Group
Representative about Education
Programs, Bible Study, Prayer
Groups, etc. For more details, call
the Chaplain's Office at 2323.*

W.T. Sampson High School Graduation



Friday, June 7, 6pm
Elementary School Lyceum
Reception to follow
in the Elementary School
Courtyard

In the event of rain, the ceremony is held
in the High School Gym.

HS Awards Assembly

Thursday, June 6, 1pm
High School Gym.

Seniors receive scholarship award, the 2002
Valedictorian and Salutatorian are announced,
and the Captain's Award is given. Various
students are recognized for their academic
accomplishments.

Evenings at the Chapel

Women's Evening Bible Study

"Breaking Free" by Beth Moore, beginning Tuesday, June 4
at 6:30pm. Call Donna Carter at 2489 for more details.

Men's Evening Bible Study

Wednesdays at 7pm at the Fellowship Hall. Call
Cane Calhoun at 7469 for more information.

Youth Fellowship

For grades 7 through 12. Meet in Fellowship Hall
every Thursday at 7:15pm.

Mom's Touch

Come join other moms and pray for children and teachers.
Call Tina Schmitz at 5355 for more information.

The Iguana Crossing Coffee Shop

Free speciality coffees and cappuccinos. Open
Monday, Wednesday, Friday and Saturday evenings
from 6 to 10pm. To volunteer for a 2-hour shift call 2323.

Summer Vacation Bible School "Amazon Outfitters"

Volunteers Needed! - for August 19-23. Check with
your Department Head about volunteering and gaining
points towards evals. FMI, contact Chaplain Bush at 2323.

School Lunch Menu

June 3 - 7

- MONDAY -

Cheese Burger,
Lettuce & Tomato,
Sliced Pickles,
French Fries, Fresh
Fruit, Milk

- TUESDAY -

Pepperoni Pizza,
Green Beans,
Fruited Gelatin, Milk

- WEDNESDAY -

Hot Dog w/Cheese,
French Fries,
Sweet Peas, Fresh
Fruit, Milk

- THURSDAY -

B.B.Q Chicken,
Rice, Tossed Salad,
Fresh Fruit, Milk

- FRIDAY -

Combination
Pizza, Carrot
Sticks, Fruit
Cocktail, Sweet
Corn, Milk

Hawksbill Sea Turtle

Creature Feature

"Creature Features" are submitted by The Guantanamo Bay Environmental Office

By Paul Schoenfeld
Natural Resources Manager

The Hawksbill Sea Turtle (*Eretmochelys imbricata*) is the most common nesting sea turtle on GTMO beaches. Other species including the Green, Loggerhead, and Leatherback Sea Turtles nest here but the Hawksbill is much more common. This is also the one most frequently seen by people diving and snorkeling here. Hawksbills were listed as an endangered species in 1970.

Hawksbills are small to medium sized sea turtles with adults averaging 24 - 36 inches long and weighing about 175 pounds. They are found throughout the Caribbean and in tropical and subtropical waters in the Atlantic, Pacific, and Indian oceans. In continental U.S. waters, Hawksbills are found throughout the Gulf States, occasionally as far north as Massachusetts, but are rarely seen north of Florida. They are named for the shape of the mouth resembling a "Hawks Bill" and are the only sea turtles with overlapping scales on the shell. Adult shells are amber with mottled

red, yellow, black, and brown. This is the "tortoiseshell", called bekko, which jewelry was made of for centuries and although now restricted by international convention, harvesting Hawksbills for bekko still takes place in some parts of the world.

Hawksbills prefer clear offshore waters and are common among coral reefs. They are carnivores and eat jellyfish, sponges, crustaceans, molluscs, sea urchins, and other marine organisms. Females leave the water to nest on beaches and will utilize a wide variety of beaches including low-energy inshore beaches and high-energy offshore beaches in tropical waters of the world. Because of their small size and their agility, Hawksbills can navigate through fringing reefs to nest on small pocket beaches which are inaccessible to other species. Nests are usually placed under vegetation. Females are very susceptible to disturbances and quickly abort nesting efforts if disturbed by people, animals, or even lights while attempting to nest.

Threats to Hawksbills include loss of nesting habitat from beach front developments, disturbance to nesting females from lights, people, and pets on developed beaches, entanglement in fishing gear,

ingestion of marine debris (most notably plastic bags which they mistake for jellyfish), illegal take of turtles and eggs, and continued commerce for bekko. Vehicles on beaches have been known to crush nests and hatchlings have been trapped in ruts left by tires, which stops them from entering the water.

Sea turtle conservation efforts at GTMO include cabling off beaches to prevent vehicle access, a nest monitoring program, prohibitions on taking sea turtles and their eggs, and an educational outreach to inform residents about sea turtle conservation.

Most all GTMO beaches have sea turtle nests and we are approaching a time when nesting activity will intensify. When using

the beaches you will probably see tracks leading to and from a depression or pit in the sand. It is important to stay clear of this because it may be a turtle nest which can be damaged by foot traffic or dogs and kids digging and playing in the sand. These areas can be easily avoided because they are usually well above the high tide line.

By keeping recreational activities at or below the high tide line, we can help conserve these nests and the next generation of sea turtles. It is important to keep litter, especially plastic bags, off the beaches and out of the water. Plastic bags, balloons, and similar items are eaten by Hawksbills and other species because they resemble jellyfish and other prey. Even small quantities of debris clog their digestive system, interfere with their metabolism, and usually kills the turtle. It is also important to avoid disturbing sea turtles. Occasionally you may see a turtle crawling on the beach or excavating a nest and it is important to stay away. If someone approaches or shines a light on a nesting sea turtle, she will abort her nesting activity and return to the sea.

GTMO provides excellent nesting habitat for sea turtles and becomes increasingly important as other beaches are developed or otherwise rendered unsuitable. It is our responsibility as stewards of this Base to ensure our actions manage and conserve these species and their habitats. If you see a violation or poaching of sea turtles or other wildlife, call Security at 4105 or Channel 73 on VHS. They will respond and take appropriate action.



GTMO SHOPPER

FOR SALE

(1) Whirlpool washer and dryer, 2 1/2 years old, excellent condition. \$350. Call 5222.

(1) Treadmill, \$100. Home Gym, \$150. FMI, Call 7898.

(1) Lawn mower, \$75. Weed eater, \$30 - 2 1/2 years old, good condition. Call 5222.

(1) Double-wide, 6-drawer chest of drawers, \$75. Call 5222.

(1) BBQ grill, \$10. Call 5222.

(2) Sofa, Loveseat and Recliner, \$650. Call 7897 after 7pm.

(2) Whirlpool Supreme Washer/Dryer Set: 8-cycle - 2 speed washer; 7-cycle - 4 temp dryer. \$350. Call 7897 after 7pm.

(2) 20-inch Huffy girl's 5-speed bike. Excellent condition, \$25. Call 7415.

(2) Sequest Diva LX Ladies BCD, size x-small. Excellent condition, hardly used. \$275. AWH 7816, DWH and lv msg.

(3) Dive Gear: Calypso BC, Lg., \$75. BC, M/Lg., \$150. Hard sole booties, size 11, \$20. Fins, Lg. \$10. Pouch weight belt, \$15. Call 7075 AWH Thurs. thru Sat. only.

(3) Huntergreen leather couch and loveseat, good condition, \$350 OBO for the set. Dark green recliner, good condition, \$75 OBO. Call 4487 DWH or 7596 AWH.

(3) FREE: Homemade window dressings (should fit Villamar windows). Call 5697.

(3) Carpets: 12x10 Med. Royal Blue Rug very good condition. 12x15 Lt Blue/Gray Rug excellent condition. Call 2986 FMI.

(3) Available June 13: 19" Zenith TV, \$50. Call 5697.

VEHICLES/BOATS

(1) 1996 Yamaha Virago 1100cc Motorcycle. Very clean street cruiser with 12K miles. Great ride, perfect condition. Asking \$4,500. Call 7672 AWH or 4656 DWH.

(1) 1998 Jeep Grand Cherokee. Fully Loaded and well maintained. Asking \$19,000. Please call 7672 for more information/test drive.

(2) 16.5 foot Tri-hull with trailer. 70 hp Johnson outboard, excellent for fishing and diving. Bikini top, fish finder, hand

held radio, all safety equipment, and new battery. Runs very well. \$2200. AWH 7816, DWH leave message.

(2) 1987 4-door blue Mazda 626. AC, autotrans, AM/FM radio. Good condition, runs well. No mechanical problems. \$1600. AWH 7816, DWH leave message.

(2) LTD Crown Victoria - White, 4-door, new radio. Asking \$1,200 OBO. Call Eddie Walker 2323 or 7395. Must Go!

(2) 1990 Toyota Camray - 4-door. Good running car. \$2,500 OBO. Call 7379 AWH.

(1) 2000 Jeep Wrangler, 13,000 miles. Asking \$13,000. FMI, call 5674.

(2) 1994 Jeep Cherokee \$5500. Good condition, runs great. Available third week of June. Call Richard at 4144.

(2) E-Z Go Golf Cart \$700. Charger, spare tires. Runs well. Contact Richard 4144.

(2) 19-ft. Cuddy Cabin Boat. 140-HP motor and 6-HP kicker motor. Excellent condition with trailer, boatcover and more. See "Dock of the Bay", slip 4B. Asking \$4,500 OBO. Call Dennis at 4164, ext. 215 or AWH 2597.

(3) 1986 Toyota 4 speed Pickup Truck Very reliable GTMO special w/bed liner and new battery \$1,950 OBO. Pick up at ferry landing June 1. Call 7-2871.

(3) 1992 Ford Ranger - Teal with a white campershell. Almost 92,000 miles. Clean, dependable and presentable! The truck is titled in Michigan in the current owner's name. (Not the GTMO paper trail!) Blue books for \$3,800, asking \$3,100 OBO. Available 3 July at Ferry Landing. Call 4898 DWH or 5642 AWH.

WANTED

Wanted: Small apartment or efficiency in Orlando, FL. Preferably close to UCF. Call JoAnn at 2774 with information.

EMPLOYMENT

W.T. Sampson is accepting applications for future vacancies on an Open and Continuous basis. Drop by the main office in the high school and pick up an application. Submit completed application just once, and you will be considered for positions such as: office automation clerk, secretary, school support assistant, educational aide, cafeteria monitor and substitute teachers. FMI, call 3500 between 7am and 4pm.

Community Bank, operated by Bank of America, is currently looking for a self-motivated teller with prior cash-handling experience. Prior bank experience is also preferred. Interested applicants should drop off their resume at Community Bank. LCN is accepting applications for the following positions:

Full-time (day)

Data entry/customer service rep.

Cash Window Person

Full-time (11pm - 7am)

Operator

Please submit an application at LCN's office. FMI 3744.

The following are job vacancies currently open through the Human Resources Division:

Open Continuous Vacancies:

Supply Technician, first cutoff 12/21/01 closes 12/06/02.

For more information contact the Human Resources Division at 4822.

The following job opportunities are available at the Navy Exchange.

F/T - Weekdays, Weekends:

Sales Clerk (jewelry)

Beautician

Customer Service Clerk

Flex - Weekdays, Weekends

Food Service Worker:

Temp - 7am-5pm or noon to 5pm:

Desk Clerk (Navy Lodge)

For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Experienced, Red Cross Certified babysitter available. Call Melissa at 5418.

Babysitter--American Red Cross certified. Call Rhett at 7864 for your child care.

Going away for the holidays or just need help caring for your pet? Your worries are over, two responsible sixth grade students are here to help. We are very experienced and can handle anything. Call 7797 and one of us will be there!

Want to go out, have a relaxing dinner alone, or maybe just a movie? Responsible child care available weeknights and weekends. Red Cross trained. Call Amanda @ 7892.

YARD SALES

Clothes, patio furniture, lawn mower, boy's bike, games, furniture, Kenmore dryer and more. Paola Point 10. Saturday, June 1 from 7 to 11am. NO EARLY BIRDS PLEASE!

Moving Sale! Saturday, June 1 at VL 730-A., starting at 7am. Lots of toys and misc. items.

ANNOUNCEMENTS

Paper Clips Grand Opening - Monday, June 3, at 10:30am.

Horsd'oeuvre prior to the Ribbon Cutting Ceremony Prizes, Give aways etc....

Cuban Club Jerk Chicken & Jerk Pork with the trimming provided FREE to all who attend. All of the GTMO Community and Visitors Invited. FMI, call our new Customer Service line, 4621.

Walking Group: If interested in joining a walking group (early morning and/or evening), call Christine at 5581.

VOLUNTEER NEEDED: The American Red Cross needs military volunteers to work at the new Red Cross Canteen at Camp Alpha. Interested parties, please call the Red Cross office at 5060.

PERSONALS

Don and JoAnn King are proud to announce the college graduations of their children. Joshua (an alumni of W.T. Sampson Elementary School) from Kean University with a B.A. in Criminal Justice. Josh plans to attend graduate school at the University of Central Florida. Bettian (a 1998 graduate of W. T. Sampson High School) from George Mason University with a B.A. in Theater. Bettian plans to pursue a career in acting.

To the NEX Salon customers of Kim Dowden: Kim can only do cuts and colors while healing from an injury to her thumb. She apologizes for any difficulty this causes her customers. She'll do highlight weaves and perms once cleared by her doctor

SAVI: Here to Help

SAVI Advocates are on call 24 hours a day to respond to incidents of sexual assault and rape.

Advocates can provide information, emotional support, and resources.

To reach an Advocate call the FFSC at X4141, or Security at 4105.

STAR WARS II: ATTACK OF THE CLONES

Science Fiction/Fantasy
2 hrs. 22 min.

Starring:

Ewan McGregor,
Natalie Portman,
Hayden Christensen,
Christopher Lee,
Frank Oz



Ten years after the PHANTOM MENACE, not only has the galaxy undergone significant change, but so have our familiar heroes Obi-Wan Kenobi, Padmé Amidala and Anakin Skywalker as they are thrown together once again. Anakin has grown into the accomplished Jedi apprentice of Obi-Wan. The two Jedi are assigned to protect Padmé whose life is threatened. As powerful forces collide, these heroes face choices that will impact not only their own fates, but the destiny of the Republic.

THE SWEETEST THING

Comedy and Romance
1 hr. 24 min.

Starring:

Cameron Diaz,
Christina Applegate,
Thomas Jane,
Selma Blair,



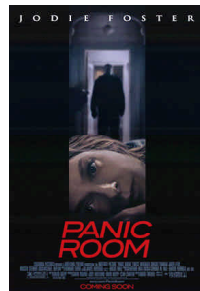
Sexy and bold Christina Walters, after years of avoiding meaningful relationships with men, unexpectedly meets her perfect match one night while hanging out with best girlfriends Courtney and Jane. When she finds out the next morning that he's suddenly left town, she and Courtney set out to find him on a wild road trip, encountering a series of hilarious misadventures on their journey.

PANIC ROOM

Thriller
1 hr. 41 min.

Starring:

Jodie Foster,
Forest Whitaker,
Dwight Yoakam,
Jared Leto,
Kristen Stewart



Trapped in their New York brownstone's panic room, newly divorced Meg Altman and her young daughter Sarah play a deadly game of cat-and-mouse with three intruders during a brutal home invasion. Soon, Meg realizes the room itself is the focal point of the break in because what the intruders really want is inside it.

Movies

FRIDAY, MAY 31

8pm Clockstopper
PG - 94min

10pm The Sweetest Thing
R - 84min

SATURDAY, JUNE 1

8pm Star Wars
PG - 132min

10pm Panic Room
R - 101min

SUNDAY, JUNE 2

8pm Spiderman
PG13 - 116min

MONDAY, JUNE 3

8pm Star Wars
PG - 132min

TUESDAY, JUNE 4

8pm Clockstoppers
R - 109min

WEDNESDAY, JUNE 5

8pm Sorority Boys
R - 94min

THURSDAY, JUNE 6

8pm Panic Room
R - 101min



What's Happening...

Army vs Navy Football Game

June 1st Cooper Field

Women's game begins at 7pm

Men's game begins at 8pm

Youth Teeball/Baseball Awards Picnic

June 1 - 3:30pm

at the Windjammer Pool and Patio

FMI call 'DD' at 2193.

Father's Day Buffet

June 16 - 9am to 1pm

at the Windjammer

Camp Adventure Summer Camp

June 24 - August 16

Enrolled kindergartners through the 6th grade. \$10 non-refundable registration fee.

Weekly fees are based on total family income. Registration begins May 25, 10am to 1pm at the Youth Center. Additional registration dates are Mon. - Fri., 1 to 5pm.

Rick's Lounge

Rick's Lounge is now open daily 4pm to midnight. Rick's is open to officers and civilian equivalents only.

Free Sailing Lessons

Available by appointment only.

Learn to enjoy the bay in one of our high speed Zumas, Hunters or Catalina 22's. Our qualified instructors can help you attain basic to advanced skipper licenses.

Call 2345 for sign up times.

Aerobics Classes

(Interval/Circuit) Mon. - Fri. - 8:30 - 9:30am

(Adv. Step) Mon., Wed., Fri. - 5:15 - 6:15pm

Tues. and Thurs. - 5:15 to 6:15pm

Yoga Ultimate Stretch Classes

Held at G. J. Denich Gym

Monday, Wednesday, Friday - noon to 1pm

Tuesday & Thursday - 5:15 to 6:15pm.

Water Aerobics

Monday, Wednesday and Friday

6 to 7pm at Marine Hill Pool

Swimming Lessons

5-5:30pm Infant 4:30-5pm Preschool

4:30-5:15pm Levels 1 & 2

5-5:45pm Levels 3&4

Adults - 6-6:45pm Levels 1 & 2

Call 2193 to sign up

Parent's Night Out

CDC -Saturday, June 15 - 6:30pm to midnight.

A reservation fee of \$2.50 is due by Wednesday, June 12 for your child(ren).

One hour - \$2.50, two hours - \$5.00, and three or more hours - \$12.00

For more information, call 3664

For more information on any of the events listed above, call 5225.